

This form includes the new CACFP meal pattern requirements of the USDA [final rule](#), effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

Week 1 Snack ^{1,2} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free, or flavored fat-free</i>					
2. Meat/Meat Alternates ³ Meat, poultry, or fish (1 ounce) or tofu, soy product, or alternate protein products ⁴ (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (2 tablespoons) or nuts and seeds (1 ounce) ⁵ or yogurt or soy yogurt ⁶ (½ cup)					
3. Vegetables (¾ cup) ^{7,8}					
4. Fruits (¾ cup) ^{7,9}					
5. Grains ¹⁰ <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (1 serving) or WGR, enriched, or fortified cooked breakfast cereal ¹¹ , cereal grain ¹² , or pasta (½ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (¾ cup) ^{11,13}					
Other foods (<i>Do not credit</i>) ¹⁴					
Week 2 Snack ^{1,2} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free, or flavored fat-free</i>					
2. Meat/Meat Alternates ³ Meat, poultry, or fish (1 ounce) or tofu, soy product, or alternate protein products ⁴ (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (2 tablespoons) or nuts and seeds (1 ounce) ⁵ or yogurt or soy yogurt ⁶ (½ cup)					
3. Vegetables (¾ cup) ^{7,8}					
4. Fruits (¾ cup) ^{7,9}					
5. Grains ¹⁰ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (1 serving) or WGR, enriched, or fortified cooked breakfast cereal ¹¹ , cereal grain ¹² , or pasta (½ cup) or WGR, enriched, or fortified RTE breakfast cereal (¾ cup) ^{11,13}					
Other foods (<i>Do not credit</i>) ¹⁴					

Menu Planning Notes for CACFP Menu Form 10 — At-risk Snack for Ages 6-18

- ¹ The food quantities are the minimum serving sizes for children ages 6-12, and for children ages 13-18 in at-risk afterschool programs and emergency shelters. Larger portion sizes may be needed to meet the nutritional needs of children ages 13-18. For information on the CACFP meal pattern requirements, see [CACFP Meal Pattern \(October 1, 2017 Through September 30, 2019\)](#) and the Connecticut State Department of Education's (CSDE) [Meal Pattern Requirements for CACFP Child Care Programs](#) Web page.
- ² Snack must include two of the five components. Only one of the two components may be a creditable beverage. The USDA's [CACFP Best Practices](#) recommends serving a vegetable or fruit for at least one snack component.
- ³ A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. The USDA's [CACFP Best Practices](#) recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.
- ⁴ APP must meet the requirements in [Appendix A to Part 226](#). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume).
- ⁵ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts.
- ⁶ Yogurt (regular and soy) cannot contain more than 23 grams of total sugars per 6 ounces.
- ⁷ Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal per day, including all snacks. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice.
- ⁸ The USDA's [CACFP Best Practices](#) recommends at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. For more information, see [Vegetable Subgroups in the CACFP](#). Raw leafy greens credit as half the volume served, e.g., ½ cup of lettuce or spinach credits as ¼ cup of vegetable.
- ⁹ The USDA's [CACFP Best Practices](#) recommends serving whole fruits (fresh, canned, dried, or frozen) more often than juice. Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of fruit.
- ¹⁰ All grains must meet the minimum weights in [Serving Sizes for Grains in the CACFP \(Effective October 1, 2017 through September 30, 2019\)](#). Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. For more information, see [WGR Ounce Equivalents for the CACFP](#). At least one serving per day must be WGR. WGR foods contain at least 50 percent whole grains and any remaining grains are enriched. For more information, see [Identifying Whole Grain-rich Products in the CACFP](#). The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. Grain-based desserts cannot credit, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.
- ¹¹ Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).
- ¹² Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, rice, wheat berries, and rolled wheat.
- ¹³ Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. For ages 6-12 and 13-18, a serving is 1 cup of flakes or rounds, 1 ¼ cups of puffed cereal, and ¼ cup of granola.
- ¹⁴ "Other" foods do not credit toward the CACFP meal pattern. Examples include condiments (e.g., ketchup, margarine, syrup, and jam), bacon, cream cheese, potato chips, pudding, ice cream, and gelatin. For more information, see [Noncreditable Foods in the CACFP](#).



For information on the CACFP, visit the CSDE's [CACFP](#) Web site or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This form is available in PDF at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/forms/cacfpmf10new.pdf and in Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/forms/cacfpmf10new.doc.

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